

# Massage & Bodywork

## *serenity & natural healing*

**Hot Stone:** soothing heat from smooth, basalt stones penetrates achy muscles, melting tension and relaxing the total being.

**Swedish:** classic strokes glide, knead and smooth to relax, reduce stress, detoxify and rejuvenate. hot towels and sensual therapeutic-grade essential oils enhance this deeply restorative treatment.



## *injury & pain relief*

**Deep Tissue:** deeper, targeted pressure relieves pain, increases circulation and mobility and accelerates healing. an effective muscle shortening technique (structural relief therapy) is sometimes used to further address troubled areas. powerful essential oils and hot towels also enhance the therapeutic effects.

**Options:** clothed and pregnancy bodywork are also available.



## *balancing energies*

**Craniosacral:** subtle touch to head, spinal column and sacrum relaxes connective tissue, calms and revitalizes.

**High Touch Jin Shin:** an ancient Oriental therapy using gentle fingertips to harmonize and restore energy flow and relieve stress.

**Reiki:** hands are placed on or above the body to strengthen, calm and/or balance energy in this deeply relaxing and restorative Japanese technique.



## *Our Signature Spa Treatments*

**“Earth, Water, Spirit”:** this 3-in-1 treatment combines Hot Stone, Swedish massage and Reiki to create a transformational experience.

**“Essence of the Islands”:** your choice of islands-created aroma-therapeutic oil or facial cream and lip balm enhance your massage treatment and become yours to keep to extend your spa experience at home. (Currently, San Juan, Orcas & Lopez products are featured.)

**Body Exfoliation:** corn meal, sugar or salt infused with oil exfoliates, stimulates, remineralizes and smooths the skin. clients should not shave or wax 24 hours before treatment.

**Body Wrap:** skin is exfoliated, clay-brushed to detoxify, and wrapped. moist, warm towels and essential oil lotion complete this deeply cleansing treatment.

**“Face Radiance”:** luxurious and often fresh local products for all skin types cleanse, exfoliate, mask, tone and moisturize to leave the face energized and radiant.

**Foot Therapy:** a soothing soak, scrub and massage leaves the sensitive feet feeling light and energized.

**Hot Oil Scalp:** hot oil drizzled and massaged into the scalp, conditions hair, stimulates the scalp and relaxes the entire body.

**“Touch for Two”:** unwind, soothe and rejuvenate your senses together. share the gift of massage with a loved one on side-by-side massage tables.